



 **12%**
HEALTH SCORE

Grilled Cumin-Lime Zucchini Quesadilla

 Vegetarian

READY IN



25 min.

SERVINGS



1

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 medium zucchini
- 0.5 tablespoon olive oil
- 2 teaspoon cumin
- 0.3 teaspoon pepper
- 0.5 juice of lime
- 0.5 tablespoon honey
- 2 ounces mozzarella fresh
- 2 tortillas whole wheat

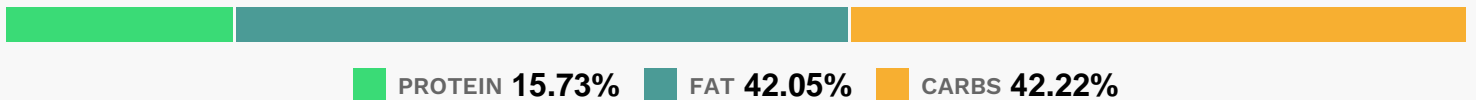
Equipment

- bowl
- whisk
- grill

Directions

- Cut zucchini in to ¼" slices and place in a large bowl.
- Whisk together ½ tablespoon olive oil, 1 teaspoon cumin, ¼ teaspoon flakes, ½ lime zest/juice, and ½ tablespoon of honey.
- Pour over zucchini, cover, and let sit for at least 30 minutes.
- When ready to cook, light grill to medium heat.
- Place slices on grill and let cook on each side until browned, 2–3 minutes.
- Remove from heat and carefully cut in to small strips.
- Layer strips on half of the tortilla and sprinkle mozzarella on top.
- Return to grill and cook on each side until tortilla is crisp and cheese is melted.
- Serve with greek yogurt mixed with lime juice and cilantro.

Nutrition Facts



Properties

Glycemic Index:99.27, Glycemic Load:5.22, Inflammation Score:-6, Nutrition Score:15.152174006338%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 566.6kcal (28.33%), Fat: 27.09g (41.67%), Saturated Fat: 10.62g (66.39%), Carbohydrates: 61.19g (20.4%), Net Carbohydrates: 53.41g (19.42%), Sugar: 16.12g (17.91%), Cholesterol: 44.79mg (14.93%), Sodium: 951.36mg (41.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Calcium: 507.25mg (50.72%), Iron: 5.66mg (31.43%), Fiber: 7.78g (31.13%), Vitamin C: 22.41mg (27.16%), Phosphorus: 261.93mg (26.19%), Vitamin B12: 1.29µg (21.55%), Manganese: 0.34mg (17.17%), Vitamin B2: 0.28mg (16.27%), Vitamin A: 785.84IU (15.72%), Zinc: 2.22mg (14.79%), Selenium: 10.24µg (14.63%), Potassium: 403.22mg (11.52%), Magnesium: 45.77mg (11.44%), Vitamin B6: 0.22mg (10.84%), Vitamin E: 1.59mg (10.6%), Vitamin K: 10.57µg (10.06%), Folate: 29.74µg (7.43%), Vitamin B1: 0.09mg (6.08%), Copper: 0.11mg (5.28%), Vitamin B3: 0.78mg (3.88%), Vitamin B5: 0.31mg (3.1%), Vitamin D: 0.23µg (1.51%)